



Kashmiri Pulao

Ingredients

Rice:

- 1½ cups of long grain brown rice, washed and soaked for 15-20 mins then drained
- 1½ cups of brown rice*, washed and soaked for 1h then drained
- 3½ cups of water
- 1½ cups of low-fat high calcium evaporated milk*
- ½ tsp of cumin
- ½ tsp of ginger-garlic paste
- 1 tbsp of ghee, butter, canola oil* or olive oil*
- 1 piece of bay leaf
- 3 pods of cardamom
- ½ stick of cinnamon
- ½ tsp of salt

Garnish:

- 30g of roasted unsalted nuts e.g. almonds or cashews*
- 15g of raisins
- 10g of mint leaves
- 10g of coriander leaves
- 20g of fried shallot flakes

Method

- Heat oil on a low flame and saute the cardamom, cinnamon and bay leaf, over a low to medium flame, till fragrant.
- Add the onions and ginger-garlic paste and cumin. Saute till golden brown.
- Add the rice. Stir-fry slowly and mix well until incorporated with the onions and sauteed spices.
- Put milk, water and salt into the electric rice cooker and bring to a boil.
- Add the fragrant rice into the electric rice cooker and stir once. Cover the pot and let it cook fully.
- Loosen the rice. Sprinkle roasted nuts, raisins, mint, coriander and fried shallot flakes on top. Cover the pot tightly and leave to stand for 5-10 mins.



*Choose products with the Healthier Choice Symbol.